



Family Literacy Week

# Let's Be Active! Move • Play • Learn

Preschoolers (3-5 years old)

## Jump Over the River

Vigorous play builds strong bones and muscles.

Jumping and leaping teaches body and spatial awareness.

Pretending helps to develop the imagination.

### How to play:

1. Use tape, chalk or ropes to make two lines to create a river. Make it wide at one end and narrow at the other.
2. Play together as a family. Jump in and out and over the river.
3. Call out "on the bank; in the river; across the river" as you play.



### Another Way to Play:

- Add this rhyme to the game. Take turns being the alligator and the monkeys!  
"Three little monkeys swinging from a tree, teasing Mr. Alligator, "Can't catch me!"  
Along came Mr. Alligator slowly as can be  
Then.... SNAP!"  
(Continue the rhyme counting down with two and then one alligator.)

### Other ideas to try:

- Play hide and seek, indoors or out.
- Put some music on and have a dance party.
- Play hopscotch indoors using tape to make the game board.

### Active play every day!

Aim for at least 180 minutes of physical activity for preschoolers, including at least 60 minutes of energetic activity, spread throughout the day.

### How does it look?

- **Preschoolers:** jumping, hopping, balancing and throwing